

HE FOE TO GOOD HEALTH.

or Morris. s tendency to indiand only by careful careful diet, is so meaning starvation the extreme, there

prescribe a diet for is requirements or in-lieral; therefore there als. When I hear the severest," the questower cat," the ques-who knows the proper isee do you draw the knows that certain disagree with his di-that should be suffiat the upsetting article

the engine of the body as in all motor power, lich will produce the least wear and The sufferers are those that give the work; not necessarily at too much of the it bles so many hours st of food; the stomach al of the first consignsend the user consign-days more of any kind. thes the learned men ers the learned men certion, and when it is call it dyspepsia. It this point the physi-ips to prescribe and in taken, and when sinated, business sus-bet many are not within brucian and continue er own advice, at the roving the proper

the province of the a sot within his reach. itory when I say My object in tell

stomachs from the promiseuous drug-

stomachs from the promiscuous drug-taking.

A half pint of boiling water sipped very slowly when the first indication of distress appears will relieve almost in-stantly. If there is an acute attack a teaspoonful of aromatic spirits of am-monia in a third of a glass of water will dissipate the accumulation of gas. A cup of boiling water taken each morn-ing twenty minutes leftere each morning twenty minutes before eating is a bath for the stomach, a stimulant to the liver, and much help for the one who insists on eating fried food each morn-ing. A word as to fried food. There ing. A word as to fried food. There are things other than potatoes and meat that are fried; even those may be taken with impunity once a week, but when the entire meal has been subjected to the frying process six days out of seven, there's a story. At a luncheon I was asked by another guest "If I would have some paralysis." I was naturally surprised at the question and looked surprised at the question and looked to see offered me delicious looking crullers. This is a specie of food very popular, with nothing whatever to recom-mend it in the form of nourishment, and the guest was right. Paralysis is often due to the constant feeding of this kind of food, containing nothing to nourish the body, but everything to cause indi-

Mountain and plain paint is cli-matically correct. Morrison, Merrill & Co., 28 Main street.

EXCURSIONS TO COLORADO

Via. D. & R. G., Sept. 21, 22, 23. \$17.75 for the round trip to Denver, Colo. Springs and Pueblo. Good returning until Oct. 10th. Stop-over allowed. Pike's Peak Centennial at Colorado Springs. Big attractions of all kinds. Take the Scenic Limited leaving here at 6:30 p. m., arriving at Colo. Springs 4:17 p. m. Finest train in the West. On time every day.

Emola finish makes your old iron work look like you'd been investing. Morrison, Merrill & Co., 28 Main street.

LOGAN, Sept. 15 .- Miss Julia Hen LOGAN, Sept. 15.—Miss Julia Hendricks was the hostess at a very pleasant party Saturday, in honor of Miss Ella Peterson of Ogden. The rooms were decorated with sweet peas and asters. Music and games were enjoyed and a delicious luncheon was served. Those present were Miss Lou Thatcher, Miss Vivian Hatch, Miss Clara Young, Miss Barbara Howell, Miss Marie Barber, Miss Winnie Morrell, Miss Jean Leishman, Miss Ada Hendricks, Miss Geneva Smith and Miss Alvord.

The home of Mr. and Mrs. Isaac Smith was the scene of a large and delightful party Thursday evening in

Smith was the scene of a large and delightful party Thursday evening in honor of their son, William Smith, who leaves shortly for Europe. The rooms were bright with flowers and potted plants. Music was a pleasant feature of the evening, and delicious refreshments were served. Mrs. Smith was assisted by Mrs. Isaac Smith, Jr., and about thirty guests were present.

The Y. L. M. I. A. of the First ward gave a delightful social at the ward meeting-house Thursday evening. Games were enjoyed and refreshments were served. A large number of the members were present.

members were present.

Mrs. Ezra J. Palmer gave a lawn Ars. Ezra J. Palmer gave a lawn party Tuesday afternoon, in honor of her little daughter, Eunice. Refreshments were served and the usual games were played. Those invited were the Misses Mira and Delone Smith, Miss Flora Beutler, Miss Edna Crookston, Misses Ella and Myrtle Baugh, Miss Velma Palmer, Miss Vilda Palmer and Miss Inez Palmer.

Miss Inez Palmer.

A parcel shower was given Thursday in honor of Miss Maggie Jones by the Y. L. M. I. A. of the Second ward. The affair was given at the home of Miss Myrtle Ballard and was a most

enjoyable event.

The engagement of Miss Eliza Lar-sen and Dr. D. N. White of Ogden is announced, the marriage to take place September 20. Mr. and Mrs. L. L. Jensen enter-

Mr. and Mrs. L. L. Jensen enter-tained informally Saturday evening in honor of Adolph Weborg of Indian-apolis, who is visiting in Logan. Booker Preston returned home from the city Friday, after a pleasant two weeks' visit with relatives. The marriage of Miss Maggie Jones and Mr. Clark of Salt Lake will take place in the city September 29. Miss Effie Smith, who has been visit-ing in Ogden the past two months, re-

Miss Effie Smith, who has been visiting in Ogden the past two months, returned home Tuesday evening.

Mrs. John T. Caine and children returned home Monday from a pleasant ten days' visit at Whitney, Ida.

Joseph J. Cannon of Salt Lake spent the early part of the week in Logan.

Mrs. Poulson, with her daughter and son, returned home Tuesday from an extended visit in Chicago.

Dr. and Mrs. D. C. Budge are back

from a pleasant two weeks' visit with relatives at Bear Lake.

Mrs. H. D. Styer is entertaining Mrs.
Wilkes and daughter, from Goldfield.

Mr. and Mrs. Willard Langton, Dr.
Emise and Miss Morrison returned home Tuesday from a pleasant Bear Lake trip.

home Tuesday from a pleasant Bear Lake trip.

Mrs. George W. Thatcher, Jr., is visiting with Salt Lake relatives.

Prof. L. A. Ostein reached home Monday from Mexico, where he has spent the past two months.

Miss M. A. Torgeson is visiting in Salt Lake, the guest of her sister, Mrs. Walter Pyper.

Miss Dora Wright of Hyrum spent the early part of the week with Logan relatives.

Mr. and Mrs. Catheart, who have

Mr. and Mrs. Catheart, who have been visiting their son, Principal J. M. Catheart, left Tuesday for their home

Catheart, left Tuesday for their nome in Illinois.

John Wilson is back from a three months' trip at Soda Springs.

Prof. Robert Northrup left Monday on a ten days' trip to St. George.

Mr. and Mrs. J. R. Edwards have returned from a visit at Pocatello.

Mrs. Joseph Davidson returned home Tuesday from Greenview, Ill., after a pleasant three weeks' visit with relatives. tives.
Mr. and Mrs. Fred W. Crockett left

Mr. and Mrs. Fred W. Crockett left Monday for Ann Arbor, where they ex-pect to spend the next three years. Mrs. J. H. Hopkins returned to her home at Battle Creek, Wednesday, after a pleasant visit with Logan rela-

B. F. Riter returned home Tuesday from a week's trip in the northern part of the State.

John B. Thatcher of Gentile valley is in Logan visiting with relatives and

EXCURSIONS TO COLORADO

Via. D. & R. G., Sept. 21, 22, 23, \$17.75 for the round trip to Denver, Colo. Springs and Pueblo. Good returning until Oct. 10th. Stop-over allowed. Pike's Peak Centennial at Colorado Springs. Big attractions of all kinds. Take the Scenic Limited leaving here at 6:30 p. m., arriving at Colo. Springs 4:17 p. m. Finest train in the West. On time every day.

SEPTEMBER 19TH

Peach Day at Brigham.

Excursion via O. S. L. Round trip from Salt Lake \$1.25. Special train leaves at 8:00 a. m. Returning, leaves Brigham at midnight. A lot of peaches and melons will be given away free. You should be there.

UNIVERSITY OF UTAH.

Entrance examination September 13 Entrance examination September 13 and 14. Registration of students Sep-tember 14 and 15. Instruction begins September 17. Catalog sent free upon request. University of Utah, Salt Lake PROVO SOCIETY

Special to The Tribune.

PROVO, Sept. 15.—Mrs. O. W. Bailey royally entertained at her home on Fourth East, Thursday evening, at a china shower, in honor of her sister, Miss Flora Cluff. The parlor was decorated in white and green, and potted plants were used to good effect. The dining-room was artistically arranged with pink and green. Delicate, pink satin ribbons, entwined with smilax, were caught at the chandelier and extended to the four corners of the table. An claborate dinner was served, in which the color scheme used in the

in which the color scheme used in the room was carried out. Many beautiful and expensive pieces of china were re-

Mr. and Mrs. Arthur Dixon entertained Monday evening at their home
in honor of LeRoy Dixon. About forty
guests enjoyed the hospitality of Mr.
and Mrs. Dixon.

Miss Edith Dusenberry has returned
from a pleasant visit to Heber.

Miss Margaret and Race Whitney
of Salt Lake were guests of Mr. and
Mrs. W. H. Dusenberry this week.

Miss Chloe Smoot and Miss Fay
Loose visited friends in Salt Lake this
week.

week.

The Priscilla club members were the guests of Mrs. Jennie Thomas Thursday evening and enjoyed a pleasant social evening. A dainty luncheon was

The members of the Fourth ward gave a very enjoyable fruit festival at their wardhouse Tuesday evening. About seventy-five guests enjoyed an evening of music, recitations and social chat. An excellent variety of fruit

was served.
Miss Mamie Beasley delightfully entertained her fellow-teachers of the Franklin at the fruit farm of her pa-rents, Mr. and Mrs. W. O. Beasley, Fri-

day evening.
The Y. L. and Y. M. M. I. associations of the Third ward gave a very enjoyable social at their wardhouse Tuesday evening. An excellent musical programme was rendered and a number games introduced. Ice cream and

ike were served.
Miss Emma Zabriskie is visiting her

paper by Mrs. A. E. Buckler, entitled, "A Talk on Old China," which was u-lustrated by some rare old china, semichina and pottery.

Cards are out announcing the wedding of Miss Mary Hahn and John S. Park, both of this city. A reception will be given in their honor Tuesday at the home of the groom's parents, Mr. and Mrs. John S. Park.

One of the most pleasing socials of the week was the gathering of the stake and local officers of the Primary associations, at the Fifth Ward Assembly hall, Thursday. The rooms were prettily decorated with flowers and potted plants, and chairs and rugs added to the comfort and home-like ap-pearance. Music and a social time was enjoyed by all. Refreshments were

Mr. and Mrs. Arnold Hines are preparing to leave for Washington, where Mr. Hines will enter the George Washington university.

Cards are out announcing the mar-riage of Miss Nellie Jacobs and G. A. Anderson, in the Salt Lake Temple, Mr. and Mrs. Anderson will be at home after September 26 at Philadelphia, Pa. George S. Taylor, assisted by his daughter, Miss Hazel, entertained at a family social at their home Sunday evening. Miss Priscilla Smith of Salt Lake was the guest of honor. Sweet music and a social evening were en-joyed by all. Dainty refreshments

were served.

A very pleasant farewell party to
Roy Dixon and a welcome home to
John Clayton was given Wednesday
evening in the Third Ward Social hall. Games, music and recitations were enjoyed by a large number of friends.
Light refreshments were served.
The Misses Allie and Fern Smoot

were the charming hostesses at a din-ner Friday, given at their home on East Center, in honer of Roy Dixon. Covers were laid for twelve.

The M. I. A. associations of the Sec-

ond ward gave a candy-pull at their wardhouse Tuesday evening. A merry evening was passed by the young peo-ple of the ward, it being the opening

their season's work. Mrs. Heber Duke was the recipient Mrs. Heber Duke was the recipient of a pleasant surprise party Friday afternoon, which was given at the home of Mrs. Elizabeth Graham. The guests were Mrs. Duke's co-workers in the Primary association. A dainty luncheon was served.

Senator and Mrs. Reed Smoot enter-

Miss Emma Zabriskie is visiting her brother, A. M. Zabriskie, and family in Salt Lake this week.

Mr. and Mrs. Roy Dixon left this week for Salt Lake, where Mrs. Dixon will visit with relatives and friends for a few weeks. Mr. Dixon will leave the early part of the week for Europe.

Miss Hallie Berg of Salt Lake spent Sunday in Provo with friends.

The Nineteenth Century club held its second session of the new club year Friday afternoon, at Mrs. W. B. Searle's home. The work of the afternoon consisted in the reading of an interesting paper on "The Seventeenth Century Furniture," by Mrs. Searle, and a very interesting and instructive Senator and Mrs. Reed Smoot enter-tained the members of the Woman's Republican club and their partners at their home Monday evening. The large and spacious rooms were thrown open to about 100 guests. Short speeches, music and a thoroughly social evening were enjoyed by all. Dainty refresh-ments were served by the charming hostess.

hearts were used in decorating the dining-room, while cosmos and ferns predominated in the parlor. Thirty-five guests made merry from 3 to 6 o'clock, An interesting heart game was played and the prize was awarded to Miss Nelke. Out glass and dainty china were among the presents received by the popular bride-elect. An elaborate luncheon was served.

Miss Annie Frlaby was the hostess at a handkerchief shower Tuesday evening given at the home of her parents, Mayor and Mrs. J. H. Frisby, in honor of Miss Nellie Jacobs, who is to marry Mr. Anderson next Wednesday. Dainty handkerchiefs were received and will be treasured by the bride in her new home in Philadelphia. An elaborate luncheon was served.

Mrs. Joseph Howell of Logan spens a few days in Provo this week as the guest of Mrs. Reed Smoot. While here Mrs. Howell visited many friends. She joined her husband, Congressman Howell, as he passed through Provo Thursday on his tour of southern Utah.

H. B. WINDSOR & CO.

INSURANCE AND ADJUSTING. General Agents ALLEMANNIA PIRE LYS. CO. (Est. 1868. No California losses.) MARYLAND CASUALTY CO.

Stah, Nevada, California. re, Liability, Accident, Health, Place Glass, Steam Boller, Burglary, Physicians', Defense, and Elevator. 62 W. Second So. at., Salt Lake. Monadnock Building, San Francisco

153 & 155 25th St., Ogden, Utah

Groceries, Dry Goods, Notions of all kinds at reasonable rates.

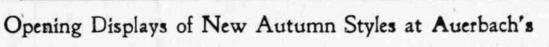
Main store, S. F. 1st Branch, Pocatello, Ida. 2nd Branch, Beno, Nev.

**PIANOS** 

High grade and medium, easy payments; one price only, cash reductions; asti-mates on planro repairing without cest; we de renting and tuning.

NEW YORK & WESTERN PIANO CO.,

No. 52 Market St., near Post Office.



We invite you to inspect the most TEMPTING STYLES OF MILLINERY AND LADIES' TAILORED GAR-MENTS IN YOUR CITY. THE NEW AUTUMN STYLES are Better than EVER BEFORE. Yes! That's the word, BETTER-Better Values, Better Goods. You'll find an asortment that will gladden the heart of any good Dresser-a Display that represents the best thoughts of the foreign and domestic markers.

We Announce for Monday, Tuesday and Thursday Sept. 17th Sept. 18th Sept. 20th

OUR OPENING DISPLAY OF THE

## NEW AUTUMN MILLINERY

The millinery section will be filled to its capacity with new model hats that are perfect gems. Radical changes in style for 1906-7, with the consequent creation of multitudes of new ideas, make this-the season's first authoritative showing of autumn modes-overshadow all previous attempts in variety, gorgeous colorings and novel shapes. The most exquisite of foreign models. fresh from Paris, for this great event are presented in profusion of brilliant styles.

To appreciate them you must see them.

## The New Autumn Dress Fabrics

Our sotck of desirable dress fabrics is the talk of the street. It is conceded we've the best stock in town, both as to desirability and variety. They are coming by every express and freight, and they are going a-flying. Come ESTABLISHED

You will be most favorably impressed with Our Grand Opening Display of

## WOMEN'S ARTISTIC **AUTUMN CLOAKS**

CHARMING STYLES. OUR SELECTION IS DIS-TINCTIVE. We have succeeded in our coffrt to have styles just a little finer, prettier and more durable. Prices a little lower, and the range of shades and colors a little broader. We can suit any taste and meet the limitations of any pocket; and at every price show a goodly assortment that will be satisfying to the most exacting.

## New Kid Gloves for Autumn Wear

We are prepared to supply the great demand for long kid gloves. Our this season's importation of our well-known standard brands is here and shows up prettier and better than ever.

There will be a great scarcity in long kid gloves later on and prices are sure to be considerably higher, so lay

